


January 2022



Monday	Tuesday	Wednesday	Thursday	Friday		
3 Swedish Meatballs (39) Rice (21) Carrots (06) Orange (22) Fresh Baked Roll (16)	4 Three Bean Beef Chili (3) Seasoned California Blend Vegetables (18) Corn Chips (18) Cheese (22) Peaches (18) Brownie (23)	5 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	6 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	7 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)		
10 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)	11 Three Cheese Tortellini with Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	12 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	13 Corn Chowder (22) Green Beans (11) Sliced Peaches (18) Fresh Corn Bread (33)	14 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Peas (11) Mixed Fruit Cocktail (8) Fresh Baked Roll (16)		
17  NO MEAL	18 Cured Honey Baked Ham Scalloped Potatoes (13) Diced Beets (06) Corn Bread (33) Apple Sauce (08)	19 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	20 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	21 Barbeque Chicken (03) Au Gratin Potato (19) Green Beans (2) Fresh Orange (22) Fresh Baked Roll (16)		
24 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	25 Hearty Beef and Vegetable Stew (14) Seasoned Green Beans (2) Fresh Cornbread (33) Fruit Cocktail with Jell-O (10)	26 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)	27 Ziti Pasta with Meat Sauce (25) Green Beans (2) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	28 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)		
31 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)	Alternate Meal Schedule (Senior Center Lunches Only) <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <u>Turkey Sandwich with Soup</u> Jan 3-4: Cream of Potato Jan 5-7: Vegetable Beef Jan 18-19: Chicken Noodle Jan 20-21: Cream of Broccoli Jan 31: Chicken Noodle </td> <td style="width: 50%; vertical-align: top;"> <u>Salads</u> Jan 10-14 Jan 24-28 </td> </tr> </table>		<u>Turkey Sandwich with Soup</u> Jan 3-4: Cream of Potato Jan 5-7: Vegetable Beef Jan 18-19: Chicken Noodle Jan 20-21: Cream of Broccoli Jan 31: Chicken Noodle	<u>Salads</u> Jan 10-14 Jan 24-28	Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count	Suggested donation \$3/meal Menu subject to change
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